

SOURCE



NATURALS®

Strategies for Wellness<sup>SM</sup>

# WELLNESS ELDERBERRY™

*Traditional cold weather protection*



*For centuries Europeans have relied on the health-supporting properties of elderberry to prepare for the hardships of winter. Today's researchers are finding that our ancestors were right about elderberry's cold weather uses and they are identifying the constituents that make it so beneficial.*

*Now, drawing on the discoveries of nutritional science, Source Naturals offers you this prized botanical in formulations that optimize its traditional benefits.*

*Source Naturals WELLNESS ELDERBERRY:  
nature's solution to the challenges of winter.*

## A Multi-faceted Health Resource

The elderberry is the berry of the black elder tree (*Sambucus nigra*) which originated in Europe. Elderberry has been honored for centuries in folk tradition because of its numerous health benefits. Renowned for its overall influence on the body's well-being, it has been used in teas, gargles, ointments, lotions and homeopathic remedies.

Every part of the elder is useful. The leaves can be mixed with linseed oil to make an external emollient application called green oil of elder. The distilled water of the flowers is known as *Aqua sambuci*, an astringent used in eyewashes and skin lotions.

The flowers are used in a variety of pharmaceuticals. The berries have for centuries been made into a port wine. They also make excellent jams, especially when mixed with apples, and are used as a cosmetic wash to rejuvenate the skin.

Historically, elderberry's most common use has been as a tea or cordial, simmered in boiling water and then sipped for its health-promoting benefits during the cold weather season.

### Bioflavonoids: Potent Antioxidants

Elderberry is a rich source of nutrients, especially bioflavonoids and anthocyanins – plant compounds that give color to berries, fruits and vegetables.

Bioflavonoids occur as pigments in plants, where they usually are found in close association with vitamin C. Bioflavonoids provide antioxidant protection to plants, helping them withstand harsh environmental conditions. They are also important to our optimal health, but can't be manufactured by our bodies.

Anthocyanins are a unique class of bioflavonoids that give certain plants their colors. In the case of elderberries, anthocyanins are the pigments that give color to the elder plant's black berries and yellow flowers. They are powerful antioxidants which can protect our cells from free radical damage.

The phytonutrients in elderberry positive-

ly influence cell function and protection in the human body. One of their primary benefits is helping maintain the walls of small blood vessels. Besides strengthening the body's natural defenses, elderberry's constituents influence many enzyme systems. Elderberry may inhibit the enzyme *neuramidase*, which can be harmful to the integrity of our cell membranes.

Elderberry also is an excellent sudorific (sweat inducer) and diuretic, and a significant source of vitamins A, B and C.

### Optimizing Elderberry's Benefits

Source Naturals WELLNESS ELDERBERRY products, in liquid and tablet form, utilize standardized extracts and combinations of elder flowers and berries to optimize elderberry's traditional benefits. Standardization of extracts means you can be sure you are getting the herbal constituents identified by science as most beneficial, while use of both the flower and berry helps take full advantage of elderberry's broad range of health-supporting properties.

Source Naturals WELLNESS ELDERBERRY EXTRACT™ tablets consist of 340 mg of standardized elderberry extract combined with 160 mg of elder berries and flowers, yielding 27 mg of beneficial bioflavonoids and anthocyanins. They are available in 30, 60 and 120-tablet bottles. WELLNESS ELDERBERRY LIQUID EXTRACT™ is a highly concentrated extract of elder berries and flowers in grain alcohol and purified water. It is offered in 2, 4 and 8 fl oz bottles.

WELLNESS ELDERBERRY extracts are important members of Source Naturals' *Wellness Family*™: products formulated to support the body's natural defenses.

SOURCE  NATURALS<sup>®</sup>  
Strategies for Wellness<sup>™</sup>

The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.